



National Nutrient Database for Standard Reference

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Statistics Report 15023, Fish, mahimahi, raw

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	77.55	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Energy	kcal	85	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Energy	kJ	356	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	18.50	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Total lipid (fat)	g	0.70	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Ash	g	2.10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Minerals													
Calcium, Ca	mg	15	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Iron, Fe	mg	1.13	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Magnesium, Mg	mg	30	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Phosphorus, P	mg	143	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987

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Potassium, K	mg	416	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Sodium, Na	mg	88	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Zinc, Zn	mg	0.46	65	0.035	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Copper, Cu	mg	0.041	64	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Manganese, Mn	mg	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Selenium, Se	µg	36.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Thiamin	mg	0.020	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Riboflavin	mg	0.070	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Niacin	mg	6.100	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Pantothenic acid	mg	0.750	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Vitamin B-6	mg	0.400	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folate, total	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folate, DFE	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.60	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987

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Vitamin A, RAE	µg	54	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Retinol	µg	54	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Vitamin A, IU	IU	180	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Lipids													
Fatty acids, total saturated	g	0.188	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
14:0	g	0.014	--	0.007	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:0	g	0.120	--	0.022	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:0	g	0.046	--	0.006	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total monounsaturated	g	0.121	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:1 undifferentiated	g	0.023	--	0.015	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated	g	0.086	--	0.013	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:1	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:1 undifferentiated	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total polyunsaturated	g	0.165	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:2 undifferentiated	g	0.036	--	0.018	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:3 undifferentiated	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:4	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:4 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:5 n-3 (EPA)	g	0.020	--	0.012	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:5 n-3 (DPA)	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:6 n-3 (DHA)	g	0.088	--	0.009	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cholesterol	mg	73	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Amino Acids													
Tryptophan	g	0.207	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Threonine	g	0.811	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Isoleucine	g	0.852	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Leucine	g	1.504	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lysine	g	1.699	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Methionine	g	0.548	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cystine	g	0.198	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phenylalanine	g	0.722	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Tyrosine	g	0.625	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Valine	g	0.953	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Arginine	g	1.107	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Histidine	g	0.545	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Alanine	g	1.119	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Aspartic acid	g	1.894	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glutamic acid	g	2.762	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glycine	g	0.888	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Proline	g	0.654	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Serine	g	0.755	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2014